A BRIEFE

TREATISE

Touching

The preſervation of the *EYE SIGHT*,

Conſiſting partly in good order of Diet, and partly in uſe of Medicine.

BY

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BRITISH MUSEUM

To my very good Cosen Mr John Bayley of new-Colledge.

Occasioned thorough certaine speeches had with some of mine honorable good friends, to write mine opinion of means to preserve the sight in good integrity, I have performed the same in this little pamphlet, wherein I have directed my pen rather to leave rules for those, which have not in themselves sufficient knowledge, than to satisfy the learned; who I know can devise much better meanes and remedies. And my intent being only to set down some order,

as may be fitteſt for all ſorts of men to continue in perfection their ſight; I thought not good to inſert any diſcourſe of the diſeaſes of the eies, which will require a long treatiſe, and cannot well be executed, but by men which have skill in the art of Phyſick. Therefore it ſeemed meete unto me at this time to omit that part, and to leave the Reader for the knowledge and cure of ſuch diſeaſes to the profeſſors thereof, by whoſe helps they may receive remedy of all infirmities and affects, which ſhall happen to the eies: purpoſing in this little treatiſe only to declare, how the ſight might be long continued in his integrity,

by

by ſuch common order as may of all men in their trade of life bereaſonablyfollowed,leaving all other harder matters to a farther direction of the learned. And now following the laudable cuſtom begun in ancient time,& continued in theſe our daies of preſenting our friends with new years gifts, for lack of other things of greater price, I offer unto you this little pamphlet, as a ſignification of my good will, wiſhing that the ſame may be a token of many good and proſperous years, which God the giver of all goodneſſe,ſend unto you.

Your Uncle

WALTER BALEY.

A breif Treatiſe concerning the preſervation of the eie-ſight.

THe preſervation of the ſight doth conſiſt, partly in good order of dyet, partly in uſe of medicines.

Concerning diet, ſome things hurtfull are to be eſchewed: and ſome things comfortable to the ſight are to be uſed: wherefore they, which may chooſe their habitations in this reſpect, may make election of aire cleare, declining to moderate heat and dryneſs cold and moyſt aire, and thick, myſty, and rainy wether is hurtfull: it is beſt therefore to abide in dry places, from moory, mariſh, and watriſh grounds, and eſpecially to provide, that the ſite of the dwelling be not betweene the wett places and the ſunne: ſoutherene windes doe hurt the ſight: ſo do low roomes: places full of duſt and ſmokie are noyſom.

Diet.

Aire.

Windes.

Duſt.

Smoke.

Meates are beſt which are eaſie to be digeſted, and which do not ſtay long in the ſtomack: amongſt ſuch is a yong hen greatly commended: ſo is pàtridge and pheſant. *Raſis* praiſeth the young ſtarne, and the quaile: ſo do all writers the Dove both tame and wild, but chiefly the wild Dove. wich as *Zoar* writeth) hath eſpeciall vertue againſt the weakneſſe of the ſight, which commeth by defect of ſpirits, and the rather, if the ſame be ſod with rape rootes, or turnep rootes: for it is accorded by all writers, that the turnep hath great faculti'e to do good to the eyes, and to preſerve the ſight. Groſſe and ſlimie meats, and all water-foul are diſpraiſed. Of ſmall birds, the martin, the ſwallow, the jay, and pye, the witwall, the ſpecht are noted very hurtfull to the ſight: and albeit theſe birds are ſeldome, or not at all uſed of the better ſort, yet common people happily may be compelled to eat them. No fiſh is accompted good: yet ſome fiſhes, which doe ſcour in gravelly places, being ſavory ſodden with white wine, fenil, eie-bright, ſage, perſly, &c. may at ſometimes be eaten: & ſo a little ſalt fiſh moderately taken doth no great harme Fleſh. ſodden with fenill, eye-bright,

Fiſh.

Preparation of meate.

eye-bright, mints, ſage, &c. is reputed beſt, next are roſted meats, fleſh fryed with butter or oyle is to be rejected, the intrals, and feet of beaſts are not ſo good, nor the brains for the moſt part, yet the braines of an hare, of a cony, and of pygeons are ſaid to quicken the ſight. Intralls. Braines.

Milk and all things made thereof are found by experience to induce dimneſſe of ſight: reare roſted, reare ſodden, or poched egges are wholſome, eſpecially eaten with the pouder of eie-bright; fried egges, and hard, are blamed. Milke. Egges.

Of ſauces, verjuce, viniger of wine, and the juyces of lemons, are accompted beſt; pomegrants, not ſo good. Sauces.

Of ſpices, cinnamon is commended by *Avicenna* as ſpeciall good for the web of the eye, and for dimneſſe of the ſight, ſo is ſaffron, ginger, both inwardly taken, and outwardly applied, doth ſingularly cleare the ſight: cloves, mace, and nutmegs, and all three kindes of peppers, may be uſed. Spices.

Sugar is convenient to condite things, but hony is better: no oile is good, ſave oile of olive called ſalet oyle, and that is better than butter. Sugar. Honie. Oyle. Butter.

Albeit few raw hearbs in common uſe Raw herbs

for

for ſallets are commended, except fenil, Eie-bright, young-ſage, terragone, which are very good: yet theſe are to be avoided as moſt hurtfull, namely lettis, coleworts, cabbages, beets, ſpinage, purſlane, buddes of dill, garlick, chibbols, oynions, skallions, &c. Capers may be eaten: olives not ſo good, radiſh roots, perſnep roots, are greatly diſpraiſed: carrot roots, the buds of aſperage may be eaten, but the turnep or rape root, and the navew roote are above all other noted for all excellency to preſerve the ſight, and to that purpoſe many do preſerve with ſugar theſe roots, and eat them as ſucket.

Capers.
Olives.
Roots.

The Rape. & Turnep.

The moſt kinds of frutes are hurtfull to the ſight: yet pears and the better kinds of apples may be eaten with the powder of eie-bright, or with fenil ſeeds thinly incruſted with fine ſugar: figs are very good not only for the ſight, but alſo to open, ſcoure, and to clenſe the breſt, liver, ſtomack, and kidnies: ſo are raiſons, which have a ſpeciall propertie to ſtrengthen the liver: nuts are very evill, for that they do fil the head: the walnut more tolerable than the heaſel nut, cheſtnuts are very windie, better friends for *Venus*, than for the eies:

Fruits.
Peares.
Apples.

Figges.

Raiſons.

Nuts.

eies: dates are not cõmended, nor mulberies. Dates.

Confects made with fine ſugar & thinly incruſted about with turnup ſeeds, and navew ſeeds, fenil ſeeds, aniſe ſeeds, almonds, pineaple kernels, ginger, cinnamon, the powder of eie-bright, &c. are reputed as very good means to continue the ſight, likewiſe in the preſervation of the ſight, amongſt other things, ſuch drinks, as are in common uſe and accuſtomed, are to be allowed: therefore he that hath uſed to drink beer, may not forſake the ſame: & ſo in ale. Confects. Drinkes. Beare.

And in this reſpect it is not amiſſe at meat to drink wine, for them which have been accuſtomed to the ſame: although wine in ſome affects of the eies is forbidden, yet to preſerve the ſight wine is not inconvenient, for the vapours of wine are drying, clear abſterſive, and do conſume and extenuate groſſe and thick humors, ſo it be moderately taken. In this place I do greatly commend their counſels, which do prepare medicinable drinks with eie-bright, and other things comfortable for the ſight, to be uſed in the morning, and at meats, if the patient can well endure ſo to drinke the ſame: our authors herein are very ingenious, ſome addreſſing drinks with one Wine. Medicinal drinkes.

thing,

thing, and ſome with another.

Drink made with eie-bright.

The ſimpleſt and moſt written of, is with the herbe called of the Arabians *Adhil*, in latin *Euphragia*, in engliſh *Eie-bright*, of whoſe miraculous vertues in preſervation of the ſight, *Arnoldus de villa nova* hath written in theſe words: Eie-bright is good, any way taken, either with meat, drink or medicine, green & dry, againſt all impediment of the ſight, whereby the clearneſs of the ſame may be obſcured. And he writeth thus of wine made with eybright, which he calleth *Vinum euphragiatum*. This wine (ſaith he) is made by putting the herb in the muſte or new wine, untill the ſame wine become clear to be drank, By the uſe of this wine, old mens ſights are made yong, it taketh away the impediments of the ſight in all men, of all ages, ſpecially in fat men, and ſuch, which do abound with phleame. One (ſaith he) which was blind, & did ſee nothing in long time, by uſing this wine one year, was reſtored to his ſight. The herb is hot and dry, & hath by property of ſubſtance, to remove affects of the ſight. And ſo the pouder of the herb taken in an egge, or drunken in wine, doth wonderfully

Arnoldus de villa nova.

The praiſe of Eye-bright for the ſight.

Eie-bright wine.

Eie-bright taken in an egge.

"wondkrfully performe the ſame. And "there are yet alive (ſaith he) witneſſe of "good credit, which have made proof "hereof in themſelves, which could not "read without ſpectacles, by uſe hereof "have recovered their ſight, to read ſmall "letters. And ſo *Arnoldus* concludeth, that nothing to do good to the ſight, is to be compared with wine made with Eie-bright. If the wine be too ſtrong, hee councelleth to alay the ſame with tenill water, and to that intention, you may alſo adde ſugar.

In Countries which for their common drinks do uſe wine and water, they alway, do mingle things for the ſight in wine, and not in water for wine in truth is a fitter liquor to receive the qualities and to carry the ſame to the eyes, than water: which things they do put in the muſte, and ſo let it ſtand, untill the wine be ripe, and ready to be drank, and ſo do uſe it.

Notwithſtanding in other Countries which have other uſuall drinks, the ſame things may be put in their common drinks. So ſome have put them in ale, ſome in beere, and ſome in meade, and no doubt but all theſe meanes are very good according to the uſage and diſpoſition of the party.

Eiebright may be uſed in beere, in ale or meade.

party. So even in this our Countrey, they which either by uſe or by conſtitution of body, may well bear the drinking of wine, may well compound the ſame with things good for the ſight: others of hot complexions and dry, not greatly accuſtomed to wine, may of ale, beere, and meade, make ſuch drinks, becauſe in theſe North countries, ale and beere are the uſuall and common drinks: and in ſome places, meade alſo is much uſed: therefore in mine opinion it is convenient for moſt men, to make theſe drinks with ale, beere, and meade, rather than with wine: and meade aſſuredly is a very convenient thing for them, which can well away with honey.

How cle-bright wine may be uſed.

Touching the direction of thoſe which have been accuſtomed to drink wine, I do nothing doubt, but that they may without offence beare ſuch drinks for the ſight compounded with wine, to take a draught in the morning, eſpecially if they allay the ſame with the diſtilled water of fenell, according to *Arnoldus* counſel. And for this purpoſe, choiſe may bee made of very good white wine, and the things may be mingled in the countries where the wine doth grow, notwithſtanding in that our moſt

moſt uſed drink with meat is ale, or beere, theſe are very convenient to receive theſe things for the ſight, and abſolutely better than wine, if yee like to drink the ſame with meat, as our authors doe counſell: which ale I think better to be made with grout according to the old order of bruing. And ſo the things for the ſight may be ſodden in the grout, or otherway put in the drink, when it is newly cleanſed, and put into the veſſell in which it is tunned to be kept, that in the working of the drink in the veſſell, the virtues and qualities of the things may be drawne and received into the ſame. When theſe things are compounded in meade, then the ſame are ſodden with the honie, in ſuch order as other hearbs are ſodden, when they make Methegline.

The uſe of eiebright ale; and of eiebright beere.

Ale made with grout

How to make eiebright ale and beere.

Eiebright meade.

I think it beſt to begin with the ſimpleſt order to compound ale or beere to each mans beſt liking with eie-bright only, taking to every gallon of the drink a great handfull of the herbe, and bind it together, or put it in raw and thin tinſell of ſilke, and ſo tie the ſame by a ſtring to the tap of the veſſel, that the herb may hang in the midſt of the drinke, not too lowe in

The quantitie of eiebright or the drink.

in the grounds, neither too high in the barme, being put into the drink, when it is newly cleanſed: let all work together until the drinke be cleare and ripe, to be drunken according to the common uſe, and then ye may drinke of it at pleaſure, in the morning faſting, and at meat alſo if you will and can well like thereof, and moſt men may like to drink it, becauſe this herb doth yeeld noe ungrateſull taſte, but rather with a pleaſant ſapour doth commend the drinke: it were not amiſſe to avoid windineſſe, to every handfull of the herbe, to adde two drames of fenil ſeeds, well duſted, and a little bruiſed, As I do put this for more proportion to begin with all, that the ſtomack be not at the firſt, offended with the ſtrangeneſſe: So after a time, yee may increaſe the quantity, and put to every gallon of the drink, two handfulls of the herbe, wherein you may beſt be directed by the taſt, that the herb ſhall yeeld into the drinke. In the winter ſeaſon yee may adde ſome ſpices, as ginger, whole mace, a few cloves, nutmegs, cinnamom, and make as it were Bragget ale: which drink beſides that it doth preſerve and cleere the ſight, will alſo helpe digeſti-

Fenill ſeeds.

Spices may be added.

on,

on, cleanſe and cut phleagme, and braeke wind.

I can witneſſe, that many by this ſimple compoſition of eie-bright and fenill ſeeds have found great good for their ſight; not onely to continue in good eſtate, but alſo that ſome have found remidie againſt the dimneſſe and other impediments, growing in their ſight. In truth, once I met an old man in Shropſhire called M. *Hoorde*, about the age of 84 yeres. who had at that time perfect ſight, and did read ſmall letters very well without ſpectacles: he told me that about the age of 40 years, he finding his ſight to decay, he did uſe eie-bright in ale for his drink, and did alſo eate the powder thereof in an egge three daies in a weeke, being ſo taught of his father who by the like order continued his ſight in good integritie to a very long age. I have heard the ſame confirmed by many old men. *Rowland Shorlooke* an Iriſh man, Phiſitian to Queene *Mary*, did affirme for truth, that a Biſhop in Ireland perceiving his ſight to wax dimme, about his age of fiftie yeares, by the uſe of eie-bright taken in powder in an egge, did live to the age of 80. yeares, with good integritie of ſight.

The effect confirmed by examples.

We do read of many drinks to preſerve the ſight, compounded not of eie-bright onely; but of many more things added: ſo ſome put it to ſage, ſome vervaine, ſome celandine, and fenill ſeeds, aniſe ſeeds, and the forenamed ſpices: others elecampane roots, iris, galengale, and cubebs, and in truth all theſe are greatly commended to preſerve the ſight, and may very aptly be put in drinkes for the ſight: notwithſtanding, for that we are now to deliver a drinke for the ſight, which may bee pleaſing, and allowed with meats, mine opinion is, that the ſame ought to be made as ſimple as may be, for if *Gallen* in his 6. book *de ſanitate tuenda*, doth preferre the compoſition of the medicine termed *diatrion piperion*; which hath feweſt ſimples, becauſe (as he writeth) that is ſooneſt & with leſſe trouble to nature digeſted: Surely the drinks for the ſight, which are compounded of feweſt things, are moſt to bee commended, eſpecially when we meane to uſe the ſame with meat, as all our Authors doe counſell. Wherefore for my part at this time, I will only adviſe to have for uſe, either wine, or ale, or beer; according to each mans beſt liking, made as is before preſcribed

Drinkes more compounded for the ſight.

The moſt compound not alwaies beſt.

Preſcribed with eiebright and fenill ſeeds, and to drink of the ſame in the morning, or if it ſo like, with meat, as other drinke.

It is holden better to drink oft & ſmall draughts at meat, then ſeldome and great draughts: for ſo, meat and drink will, better mingle, and the meat will leſſe ſwim in the ſtomack, which giveth cauſe of many vapours to the head. It is affirmed not good to begin the meale with drink, but to eat ſomewhat before you drinke. Drink often & ſmal Draughts. No beſt to begin the meale with drink

When you drinke wine, if you meane to allay the ſame with water, it is beſt to mingle to the wine fenell water, or eie bright water, and *Montagnana* doth councel to do the ſame ſome reaſonable time before you doe drinke, and not preſently when you drinke, as commonly men doe. When to mingle water with wine.

Bread in our intention is to be made of fine flowre of choſen wheat alway leavened & ſalted ſomewhat more, than comn ō bread, well wrought, throughly baked, nor new nor old, of about a day or 2. daies old. Unleavened bread is not accompted good: and the bread is better, if fenell ſeeds be wrought with the paſt: to which purpoſe, ſome doe cauſe cakes to be made of ſome portion of the dowe, in which they knead Bread. Paſt with fenel ſeeds

the powder of fenell ſeeds, and the powder of eie-bright, and doe eat them in the morning, and after drink the eie-bright drink, and make that a breakfaſt.

Evacuatiõ

As generally in the preſervation of health, ſo eſpecially to continue the ſight, it is convenient that the body be obedient, and doe his office for evacuation accordingly: and if nature herein be ſlack, it may be procured with brothes made of looſe hearbs, as mallowes, violet leaves, mercury, groundſel, great raiſons, the ſtones taken out, damask prunes, and currants: and if it need be of more medicinal things, ſurely the ſame muſt be gentle: for as ſtrõg medicines, which make agitation of humors are not good to be uſed for this intention: ſo gentle medicines taking in due time, doe great good to the ſight: which I doe leave to the appointment and direction of a learned Phiſitian Of all manner of evacuations, theſe which are done by vomiting are moſt hurtfull: ſo are fluxes of blood by the noſe. And as belkes doe eaſe the ſtomacke, ſo much belking giveth occaſion that fumes doe ariſe to the forepart of the head, whereby the ſight may be harmed.

Nothing

Nothing is more hurtfull to health than fulnesse. And he that will continue his sight good, must be carefull of over plentifull feeding, and therefore must end his meales with appetite: and never lay gorge upon gorge, but so feed, that the former meate may be concocted, before hee doe eat againe. It is best to make light suppers and somewhat timely. As modest use of *Venus* performed in the feare of God in due time, when the meat in the stomack is digested, and nature is desirous to be disburdened, is to be allowed so immoderate and unseasonable use thereof, doth of all things most hurt the sight, and soonest induce blindnesse: overmuch watching is not good: very long sleepes are more hurtfull: the mane sleeps of about 7. houres are best: yet better to abridge the sleep and to inlarge watching, than contrarywise. sleep taken in the night is best, as most naturall, when externall ayre doth not distract natures motion, and all externall things concurre to helpe sleepe, therefore the more houres a man doth borrow of the day for sleep, the worse. It is not good especially to this our purpose, to sleep immediately after meat: for two houres at the least

Fulnesse hurtfull

Use of Venus.

Sleep and watching.

ought to be put between meat and ſleep. Beſt to begin ſleep upon the right ſide, and then to turn on the left ſide: to ſleep upright upon the back is naught generally: to turn upon the face, worſer for the ſight. Care muſt be had that you ſleep not in a chamber, or any place, in which the moone doth ſhine.

The moon ſhine hurtfull to the ſight.

Exerciſes.

Exerciſes are needfull: the ſame beſt, after the belly hath done his office, that the excrements are avoided: otherwiſe by exerciſe vapours are ſtirred, and doe aſcend more plentifully to the head. All exerciſes muſt be done faſting, and none after meat. And I wiſh you might after meat forbeare writing, by the ſpace of three houres: but if your courſe of life and calling will not ſo permit you, you may herein follow *Montagnana* his counſell to write either ſtanding upright, or a little leaning & reſting: youre head upon your right or left cheeke in no caſe to write bowing your ſelfe foreward, and holding down the head. When opportunity and time will ſerve, frictions with a rough linnen cloath are very good, which are to be performed thus: firſt to rub the feete, the legs, then the thighes, the hips, the buttocks, ſo aſcending to the ſhoulders

Writing after meat.

Frictions.

ſhoulders and neck with ſoft and long rubbings, even untill the parts begin to wax red. Amongſt orders, to remove the weakneſſe of the ſight, *Avicenna* writeth that the combing of the head is not of leaſt force, which ought to be done every morning faſting backwards againſt the hair, for it draweth the vapors out of the head, and removeth them from the ſight. Combing the head.

Mirth, joy, and pleaſantneſſe of the mind, is good: a little anger doth not hurt: immoderate ſorow, fearfulneſſe, and all vehement affections are forbidden in all affects, but in this our caſe chiefly, as moſt hurtfull to the ſight. Affections of the mind.

To preſerve the ſight by medicines.

THe order to preſerve the ſight by medicines, doth conſiſt of things outwardly applied, and inwardly taken. Amongſt outward medicines to preſerve the ſight, it is accounted a great ſecret, to ſmell much to marierum. So theſe things following, are found very much to comfort the ſight in ſtaying the viſible ſpirits from waſting: *videlicet*, coral, pearle, the ſtone called Outward medicines. The ſmell of marierum. Things comfortable to the ſight.

Lapis Armenius, ſpectacles of chriſtalline or clear or pure glaſſe, green and ſkie colours, to dip the eies in cold water, to which purpoſe, many have cups made in the forme of an eie, called eie cups: and to waſh the eies with the waters of decoctions of eie-bright, roſes, and vervaine. Some other things are put into the eies to clear the ſight, and to remove impediments which do often grow there: to which purpoſe as approved very good and without hurt, the juices and waters of eie bright, of fenil, of vervaine, of marigolds of pearlwort are greatly commended. And *Montagnana* doth mention of a certain kind of preparation of the juice of fenil ſingular good to preſerve the ſight from dimneſſe, to take the juice of fenil in the moneth of April, and to put it in a veſſell of glaſſe, with a long and narrow neck, and let it ſtand fifteene daies in the ſun, that it may be well dried, then remove the glaſſe ſoftly, that you do not trouble the reſidue, or grounds. and ſo poor it into another veſſell: and to every half pound of the juice, put an ounce of choſen *lignum aloës* beaten into fine powder, and let it ſtand other fifteen daies in the ſun.

Things put into the eies.

A preparation of the juice of fenell.

Lignum aloes good for the ſight.

then

then ſtrain it twiſe through a thick cloth, and keep the cleareſt in a veſſell of glaſſe to your uſe you may drop a little hereof into your eies to clear the ſight. And ſome do diſtill this wood in a ſtillatory of glaſſe, and put the water thereof into the eies, and hold this for a great ſecret as miraculous to preſerve the ſight. And the ſame *Montagnana* doth compound an other medicine more abſterſive to remedy the dimneſſe of the ſight, diſſolving in an ounce of the water of roſemarie flowers, two ſcruples of *Sal gemmæ* very finely powdered, and filtered, and counſelleth to drop the ſame often into the eies: affirming by his experience, that it doth ſo mightly clear the ſight, that ſuffuſions are thereby wonderfully removed, and eſpecially moiſtures of the eies. *Sal gemmæ* doth clear the ſight.

I am here alſo in this place for the cleanſing and ſtrengthening of the eies, eſpecially to commend unto you, the frequent uſe of old and clear white wine, in which the *Calaminar* ſtone hath been oftentimes extinguiſhed: and likewiſe the pure liquor of good ſuger candy diſſolved in the white of an egge, being hard roſted and the yolk taken out.

Alſo

The urine of a child.

Alſo our authors do cõmend the waſhing of the eies with the urine of a child, and ſometimes to drop the ſame into the eies.

A lie of fenel ſtalks.

and for this purpoſe alſo they do commend lie made of the aſhes of fenell ſtalkes. We do read in all our writers great commen-

A preparation of the liver of a goat for the ſight.

dations, of a liquor of the liver of a goat, prepared in manner following. Take the liver of a male goate, not diſeaſed, newly killed: and after it is well waſhed, prick it in many places and fill the ſame with graines of pepper, and infarce the liver with the leaves of fenill and of eiebright, then roſt it with a ſoft fire clear, not ſmokie, untill it be reaſonably roſted: and in the time of roſting, receive the liquor which doth diſtil, in a convenient veſſell, and apply the ſame to your uſe.

Collyrium de fellibus.

Avicenna in his third ſen, and third book and 4. treatiſe, *cap de debilitate viſus*, above all other things doth commend the medicin called *collyrium de fellibus*, for that it clenſeth the pores of the eies, cleareth and conſerveth the ſpirits, mundifieth the moiſtures or waters of the ſight: as you may reade in *Avicenna* in the foreſaid place.

Inward Medicines.

MEdicines to be taken inwardly are in number many: but I think beſt at this time to mention a few, which are eaſie to be had, and as of great efficacie moſt commended. And of ſuch, the powder following is moſt ſimple: yet by experience approved of ſuch force, that many after their ſight hath been decayed, have by the uſe of it, received again the ſame perfectly: the powder is thus made. A powder for the ſight.

Take of the powder of eiebright 4. Ounces, of mace 1. mingle them together, & take thereof the weight of three pence before meat.

Montanus in his 92. councell giveth great praiſe to a ſirupe, againſt the decay of the ſight, through the weakneſs and dimneſs of the ſame, which he compoundeth thus. A ſirup for the ſight.

take of the juices of fenil, of vervaine, of roſes, of each 2 Ounces
the leaves of the herb eie-bright, of endive, of celendine of each half a hádfull.
boyl the herbes in two pints of water until

til half be ſpent: then ſtrain it hard, and mingle the juices with the decoction, and with ſugar according to art make a ſirup, which is to be kept in a glaſſe veſſel. You may take two ounces of this ſirup in three ounces of the water of eiebright in the morning faſting. For windy bodies he maketh the ſirup thus,

Take of fenill ſeedes, } of each 3. ounces.
of aniſe ſeeds, }
of the herbes eiebright } of each 3 handfuls.
of vervain,
of dry roſe leaves, }
of celendine one handful
of rhue one handfull and a half

boyle theſe in water untill half be conſumed: ſtraine it hard, and with ſuger ſirupize the decoction: both theſe ſirups are excellent good to defend the ſight from dimneſſe.

An excellent electuary to preſerve the ſight.

Meſue in his book called *Grabadin*, writing of the diſeaſes of the eies, above all other medicines extolleth an electuary under the name of *Humain*, as having noble vertues to preſerve the eies, and to continue the viſible ſpirits in their clearneſſe, which he compoundeth thus.

Take the herbe called *Adhil* that is eiebright

eiebright 2 ounces
fenilſeeds, 5 drachms.
mace,
cubebs,
cinnamon } of each one drachme.
long pepper,
cloves,
beat all into powder, ſearſe it, then take of good hony clarified lib. 1.
of the juice of fenil boyled and clarified, one ounce
of the juices of } both boiled & clarified
rhue, of celandine } of each half an ounce.
boil all to the height of an electuary, and then put to it the powders according to art, and ſo reſerve it in glaſſe veſſels. You may take hereof the quantity of three ounces in wine, as *Meſue* writeth: if wine ſeem too hot, you may allay it with fenil water, or with eiebright water: it muſt be taken in the morning faſting: and you ought to forbeare the taking of other things, by the ſpace of three houres, and ſo at night, but then you muſt make a light ſupper, and ſuppe the more timely.

Where in this little Treatiſe mention is made of diſtilled waters, I wiſh the ſame to be artificially done in ſtillatories of glaſſe, Diſtilled waters.

glaſſe, that the qualities of the herbs may remain in the diſtilled waters. And therefore I doe not allow of the common maner of diſtilling in ſtillatories of leade, by the which the waterie parts only are drawn.

FINIS.

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